

# 2010 Carbon Fast for Lent

## Prince of Peace Lutheran Church

Follow your own Carbon Fast, or choose from this calendar of suggested daily actions. As you lay it aside each day, do so with a prayer.

If you want to calculate your carbon savings as you proceed, here are some websites that offer “carbon calculators”

<http://www.nature.org/initiatives/climatechange/calculator/>  
<http://www.climatecrisis.net/calculate-your-impact.php>

<http://www.carbonfund.org/site/JK>  
[http://www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>FEBRUARY 17</b> <b>Ash Wednesday:</b> Remove one light bulb from a light in your home (without creating an unsafe situation). Do not replace the bulb...for now!	<b>FEBRUARY 18</b> Refresh your memory on what items your county/city allows for curbside recycling. Place an item that can be recycled, but that you normally don't recycle, in the bin.	<b>FEBRUARY 19</b> Whatever mode of transport you usually use, try to make at least one of your journeys more environmentally friendly (for example: Ride Metro or the bus, carpool, or combine two separate trips into one).	<b>FEBRUARY 20</b> Check your house for drafts with a ribbon or feather. If it flutters, inspect and upgrade the seals around doors and windows.
<b>FEBRUARY 21</b> Find the most environmentally friendly way you can to get to church today (e.g. walk, bike, car share).	<b>FEBRUARY 22</b> Turn your central heating thermostat down by one degree or more. If you have separate thermostats on radiators, adjust them to suit the use of the room.	<b>FEBRUARY 23</b> Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity.	<b>FEBRUARY 24</b> As chocolate is still on the menu this Lent, be sure to reward yourself with Fair trade chocolate.	<b>FEBRUARY 25</b> Ensure your cell phone charger is unplugged when not in use.	<b>FEBRUARY 26</b> Purchase permanent, reusable grocery bags and use them for your future grocery shopping. Save plastic bags or recycle them at grocery stores.	<b>FEBRUARY 27</b> Buy an item that satisfies the LOAF principle - Locally produced, Organic, Animal friendly, and Fairly traded.
<b>FEBRUARY 28</b> “Receive the world God has given. Go for a walk. Get wet. Dig the earth.” (Archbishop of Canterbury Rowan Williams)	<b>MARCH 1</b> If you have a large-volume flush toilet (typically one installed before 1980), add a bottle filled with water in your toilet tank to cut down on the water used for each flush. Be sure the bottle does not interfere with operating parts. For all toilets, make sure the flapper doesn't stick open after flushing.	<b>MARCH 2</b> Take a shower instead of a bath. Try to finish the shower in half your normal time.	<b>MARCH 3</b> Say No to Unwanted plastic Bags (SNUB). Carry a couple with you and refuse the ones you don't really need.	<b>MARCH 4</b> Make a point of switching off all lights as you leave the room.	<b>MARCH 5</b> When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.	<b>MARCH 6</b> Begin the gardening year by going organic. Hand weed or hoe rather than spraying and don't be over tidy. Use an organic, earth-friendly fertilizer in your yard. You, your garden and its wildlife will benefit from more relaxed regime.
<b>MARCH 7</b> Think about the environment Jesus lived in and how it affected his ministry. Reflect on examples of Jesus drawing on his environment for illustrations and inspiration.	<b>MARCH 8</b> Pick up at least one piece of litter and dispose of it properly.	<b>MARCH 9</b> Re-wear clothes which aren't dirty and only run your washing machine when you have a full load. Set aside old or unwanted clothes for PoP Yard Sale!	<b>MARCH 10</b> Find ways to save paper. For example, set your computer printer to print on both sides. Save paper printed on one side and feed it back in to print on the second side.	<b>MARCH 11</b> Check your tire pressure. Low tire pressure means high energy/fuel consumption.	<b>MARCH 12</b> Put out some bird food. Birds will almost certainly find it wherever the location.	<b>MARCH 13</b> Utilize local shops or farmers markets if available instead of driving to the supermarket.
<b>MARCH 14</b> Think prayerfully about how we are using up our resources at an unsustainable rate and what this means for future generations. Reflect on the fact that the richest 20 percent of the world's population consumes 80 percent of its resources while the remaining 80 percent of people have to make do with the remaining 20 percent.	<b>MARCH 15</b> Pray for wisdom to know how to live in the light of so much inequality.	<b>MARCH 16</b> Go meat free for the day. The production of meat uses more carbon than the growing of vegetables, fruits and grains.	<b>MARCH 17</b> Turn the water off while brushing your teeth and put the plug in when you wash your face.	<b>MARCH 18</b> Lay aside time to explore in more depth the environmental challenges we face and their consequences (e.g. on the Internet or other media sources). See the last page of the calendar for a few examples of websites that you could visit.	<b>MARCH 19</b> See what chemicals you have stored up in your cupboards. Dispose properly and safely those which are harmful to the environment, and replace them with eco-friendly products if necessary.	<b>MARCH 20</b> Purchase rechargeable batteries and compact fluorescent light bulbs (CFLs) or LEDs for your home. Replace as many incandescent bulbs as you can with CFLs/LEDs. (Save one CFL/LED for Maundy Thursday). How many light bulbs and batteries did you replace?
<b>MARCH 21</b> The Earth was made through and for Jesus. How do you think he would judge the way we live in it today? Take time to reflect on this both globally and personally.	<b>MARCH 22</b> Stop unwanted junk mail. One way to do so is to visit the following website: <a href="http://www.the-dma.org/index.php">http://www.the-dma.org/index.php</a> Then click on the “consumer website” box.	<b>MARCH 23</b> Replenish the bird food you put out and put up a bird box if possible, or plant something that birds can eat.	<b>MARCH 24</b> When dusting, avoid using polishes. Just a cloth or duster will often do.	<b>MARCH 25</b> Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mpg, a figure that remains fairly constant regardless of vehicle size.	<b>MARCH 26</b> Consider joining an environmental organization, and signing up for their e-mail newsletter. Here is one example: <a href="http://sierraclub.typepad.com">http://sierraclub.typepad.com</a>	<b>MARCH 27</b> Place a bucket in the shower stall to catch “gray” water and use it to water plants. Participate in Earth Hour. 8:30pm-9:30pm tonight. For more info, go to <a href="http://www.earthhour.org">http://www.earthhour.org</a>
<b>MARCH 28</b> Think about the role of your church within its local environment. Is there anything that could be done to make it more environmentally friendly?	<b>MARCH 29</b> Are you sure you are recycling everything possible? Check again.	<b>MARCH 30</b> If you're planning to go on vacation this summer, begin to explore how you can make it “greener.”	<b>MARCH 31</b> Take time to write to a public official on an issue of justice about which you feel strongly.	<b>APRIL 1</b> <b>MAUNDY THURSDAY</b> Replace the light bulb you removed on Ash Wednesday with a CFL or LED light bulb.	<b>APRIL 2</b> <b>GOOD FRIDAY</b> Darkness covered the earth on the first Good Friday. Switching off all the lights, sit yourself in darkness for a while. While doing this, take the time to reflect on all the activities you have performed during Lent, and how they have contributed to a greener, healthier Earth. Conclude your “Carbon Fast for Lent” by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.	

Thank you to Rock Spring Congregational UCC, Arlington VA for sharing this calendar.

Extensive local information from Montgomery County Dept of Environmental Protection: <http://www.montgomerycountymd.gov/deptmpl.asp?url=/content/dep/index.asp>

Recycling information from City of Gaithersburg: [http://www.gaithersburgmd.gov/poi/default.asp?POI\\_ID=117&TOC=107;86;117](http://www.gaithersburgmd.gov/poi/default.asp?POI_ID=117&TOC=107;86;117)

Recycling Guide from City of Rockville: [http://www.rockvillemd.gov/recycling-refuse/recycling\\_refuse\\_guide.pdf](http://www.rockvillemd.gov/recycling-refuse/recycling_refuse_guide.pdf)

For more information about the ELCA perspective on climate change, go to

<http://www.elca.org/Our-Faith-In-Action/Justice/Advocacy/Issues/Environment-and-Energy/Global-Warming-Climate-Change.aspx>

Educate yourself on the issue at...

National Academies of Science: <http://dels.nas.edu/climatechange/>

Intergovernmental Panel on Climate Change: <http://www.ipcc.ch/>

For children and adults: <http://www.greengorilla.com/>

Sample “green living” websites (these are just a few of many):

<http://www.thedailygreen.com/>

<http://www.coopamerica.org/>

<http://planetgreen.discovery.com/>

<http://www.livingwithed.net/index.asp>

<http://www.gwipl.org/>

<http://www.nccecojustice.org>